



Army STARRS studies myths on suicide

By **GARY SHEFTICK**
U.S. Army

Although researchers are just beginning to analyze data collected from more than 110,000 Soldiers, they have already busted some myths and discovered patterns related to suicide.

One finding confirms an elevated risk of suicide associated with a Soldier's first deployment.

Multiple deployments don't seem to raise the risk, however. That might be because Soldiers make choices after their first deployment or develop coping mechanisms, according to researchers involved in the Army's "Study To Assess Risk and Resilience in Servicemembers," or Army STARRS.

The five-year study was undertaken in 2009, in response to the rising rate of military suicides. It's the largest study ever attempted on mental health risk and resilience among service members, and it involves an expansive partnership between the Army, the National Institute of Mental Health and several universities.

The coalition of researchers found a statistically significant rise in suicides following initial deployments. This finding contrasts sharply with a study

See **RESEARCH**, page 10

Road closures for APFT

STAFF REPORT

Headquarters and Headquarters Company Garrison will be conducting Army Physical Fitness Tests (APFT) through the month of October. The APFT 2-mile run will occur between approximately 7:15 and 8:15 a.m. on each APFT day. The run route will be on Aberdeen Boulevard past Rodman Road. The run will close off Shandy Hill Road, Garden Drive and Patriots Way. School buses are the only vehicles that will be permitted beyond the barricades during the APFT run.

According to Capt. Richard Mozeleski, HHC Garrison Company Commander, the APFT will be conducted every Wednesday and on two Fridays in October. Testing will be conducted on **Oct. 2, 4, 9, 16, 23, 25 and 30.**

For more information, contact Mozeleski at 410-278-2104.



Musical entertainment during the National Hispanic American Heritage Month Observance at the Myer Auditorium Sept. 19 includes the melodic love song, "Llegar A Ti," performed by Rachel Acevedo of the Civilian Human Resources Agency. Acevedo performs again during tonight's talent show competition starting 7 p.m. at the APG North (Aberdeen) recreation center. See page 7.



Hispanic service, leadership praised during observance

Story and photo by
YVONNE JOHNSON
APG News

Colorful costumes, rhythmic music, aromatic foods and a compelling message came together to form the installation's annual salute to Americans of Hispanic descent during the National Hispanic American Heritage Month Observance at the Myer Auditorium Sept. 19.

Presented by Team APG Equal Employment Opportunity specialists and volunteers, the event included a food tasting with samples from the El Rodeo Mexican Bar & Grill restaurant, music by Mariachi Sunrise – a quartet of musicians supplying Mexican Mariachi music for all occasions; dances performed by the Divine Dance Group, the dancing duo of Sarah Sevillano, a U.S. Army Research, Development and Engi-

Sarah Sevillano of the U.S. Army Research, Development and Engineering Command performs a dance in traditional costume during the National Hispanic American Heritage Month Observance at the Myer Auditorium Sept. 19.

neering Command civilian and her friend, Yohany Garcia and a song by Rachel Acevedo, of the Civilian Human Resources Agency.

Master Sgt. David Henderson, 20th CBRNE Command, was the program master of ceremonies, Chaplain (Lt. Col.) Thomas Cox presented the invocation and CECOM Chaplain (Maj.) Young Kim, gave the benediction. Bridgett Smith of the U.S. Army Contracting Command sang the national anthem.

During opening remarks, Lt. Col. Luis Muniz, U.S. Army Public Health Command, called out the world's Hispanic nations and asked descendants of these nations to stand and be recognized.

In keeping with the 2013 theme, "Hispanics: Serving and Leading Our Nation with Pride and Honor," Lawrence G. Romo, director of the Selective Service System, Washington, D.C., was selected as the guest speaker. A presidential appointee, Romo has served nearly four years as the 12th director of Selective Service. A native Texan, of Hispanic origin, Romo calls himself

See **HISPANIC**, page 10

Remembering Families of the Fallen

By **RACHEL PONDER**
APG News

Gold Star Mother's and Family's Day, held on the last Sunday in September, is a day for Americans to recognize and honor the Families of Fallen Soldiers. All across the country, government buildings, offices, churches and homes will display the American Flag as a tribute to the service and sacrifice of Gold Star Families.

Maryland Gold Star Mothers Chapter President and Chaplain Janice Chance said Gold Star Mothers and Family members will gather from across the country for a wreath laying ceremony at the Vietnam Veterans Memorial Wall in Washington, D.C. and attend a Gold Star Mother's and Family's Day ceremony at the Arlington National Cemetery in Virginia. During the visit to the cemetery, Gold Star Mothers will lay wreaths at the Tomb of the Unknown Soldier and at Section 60, the area designated for troops killed most recently in Afghanistan and Iraq.

Chance said American Gold Star Mothers carry their son's and daughter's legacy by supporting Soldiers, veterans and their



Families through volunteerism.

"We believe in honoring through service," Chance said. "Volunteering is therapeutic. When you start serving other people it is hard to stay depressed; your focus becomes the people you are helping."

See **APG**, page 10

WEATHER

Thurs.



74° | 56°

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ICE system
<http://ice.disa.mil/>
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15 Days to
2nd annual APG Oktoberfest

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ONLINE

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STREET TALK

How do you become more resilient?

Be flexible, learn how to tolerate change. Never stop learning. Expose yourself to new learning experiences and other cultures. When you face difficult times, tell yourself that you can get through it. Don't dwell on the negative.



Young Pettit
Civilian retiree

You need to have a few people in your life that you can trust, so that you know you have someone to talk to when you are going through difficult times. You can't internalize everything. If you are new to an area get involved in clubs and attend community events. This will help you meet people and make friends.



Rachel Sandlain
Family member

Learn from your life experiences, good or bad. Think about what you can change, what you can do differently to make a situation better.



Staff Sgt. David Carter
CERDEC

I think it helps to network with others that are also trying to be more resilient. For instance there are support groups for spouses of deployed Soldiers. They are all going through the same situation and can share ideas on how to cope. Being spiritually strong and going to church helps me.



Spc. Christopher Collins
RDECOM

OPINION

Gold Star Mothers & Families

For those who have family members in uniform, there is no greater fear than hearing a knock on the front door and receiving the heart-breaking news that your loved one has given their life in service to our nation. In the last 12 years alone, 6,758 families have heard that knock and have had to confront the sorrow and grief that comes with the loss of their service member.

For more than 85 years, a very special organization – the American Gold Star Mothers, Inc., – has dedicated itself to sustaining and assisting the families of our fallen warriors. Taking their name from the ‘Gold Star’ that was often displayed on the homes of service members who lost their lives in World War I, the Gold Star Mothers have gone on to support families throughout each of our nation’s conflicts. They keep alive the memory of the sons and daughters who sacrificed all and devote themselves to inspiring patriotism, love of country and service to our communities.

Because the Gold Star Mothers and Families have given so much for our country, each year we honor them on the final Sunday in September during ‘Gold Star Mother’s and Family’s Day.’ All across the nation – government buildings, offices, churches and homes – will proudly display the American Flag as a tribute to the service and sacrifice of our Gold Star Mothers, and as a symbol of our commitment to do all we can to strengthen the families of fallen warfighters.

Here at Aberdeen Proving Ground, we are fortunate to have a deep and lasting partnership with the Gold Star Mothers who are led by Janice Chance, an extraordinarily dedicated and selfless president of our local chapter. Sadly, this year we also experienced the loss of the past Chapter President, Carol Roddy, who did so much to build the Maryland GSM community and to care for the families of our fallen. Her tremendous legacy and compassion



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live on however and I am very proud that her husband, Bob Roddy remains a leading member of our active Gold Star Family team.

In fact, just this past weekend, our local Gold Star Mother’s Chapter held its first ever Crab Feast and Bull Roast in Owings Mills. It was a great success and the funds raised will help expand the kinds of services and support the Gold Star Mothers can provide to Maryland families.

At APG, every quarter we also host our Gold Star Mothers and their Families for a luncheon and an update on our installation’s Survivor Outreach Services (SOS). In addition to partnering with organizations like the Gold Star Mothers, APG’s SOS Office lends a hand of support to the survivors of fallen service members with meaningful programs and caring counsel so that Survivor Families know others are concerned for their well being and stand ready to help.

Our APG SOS program facilitates support groups where Families and individuals can share feelings, burdens and thoughts. Moreover, the SOS provides care for Survivor Families after our Casualty Officers have completed their mission by helping ensure Survivor Families understand and are able to receive their eligible benefits. In addition, SOS offers on-site professional counseling to assist Families in adjusting to the loss of a loved one. APG SOS programs are available to Survivor

Families from any military branch and for retirees. I encourage anyone who is a Surviving Family member – or who knows one – to contact our APG SOS Coordinator - Annette Sanders at (410) 278-2861 (casandra.a.sanders-nash.civ@mail.mil) or visit our SOS website for further information: <http://www.apg.army.mil/apg-home/sites/services/ACS/SOS/main.cfm>

To learn more about the Gold Star Mother’s Maryland Chapter and their upcoming events and services, visit their website at http://www.goldstarmoms.com/depts/MD_DE/MarylandChapt/Maryland.htm. This year, there will be a Gold Star Mother’s ceremony at Arlington National Cemetery in Washington D.C., Sept. 29 at 2 p.m., followed by a wreath laying at the Tomb of the Unknown Soldier.

To see how our entire Army supports our Gold Star Mothers and Survivor Families all around the globe, visit: <http://www.army.mil/goldstarmothers>

Finally, I encourage everyone at Team APG to display our American flag this coming Sunday and to remember the courage and fortitude demonstrated by our Gold Star Mothers and all of our Survivor Families.

Thank you for all you do – Army Strong!

Maj. Gen. Robert S. Ferrell

Commander, U.S. Army
Communications-Electronics Command
& Aberdeen Proving Ground

Training key to real-world crisis

By RICHARD DEOLIVEIRA
DPTMS

The tragic shooting of Department of Defense personnel at the Washington Navy Yard has all of team APG mourning the loss of innocent lives and has drawn special focus on local procedures and preparations. The calculated but indiscriminate nature of the attack has forced us to relook our professional and personal safeguards.

In the workplace, vigilance, preparedness and careful planning ahead of incidents are essential to countering violent offenders. Attention to training, evacuation and personnel accountability instructions will aid every APG employee and leader should a similar event occur on the installation.

Installation-level efforts include annual plan reviews, online and personal instruction, as well as social media updates. Quarterly All Hazard Protection Councils and Installation Newcomers’ briefings have substantially increased mass awareness and lifestyle planning. In addition, full scale exercises on a variety of threat scenarios are conducted at least five times a year and include workshops, seminars and table top exercises. The annual consolidated protection exercise this year is scheduled for Nov. 14 and will include an Active Shooter event on the APG North (Aberdeen) side of the installation.

Personnel interested in additional online training, should access the Garrison website which provides Active Shooter and Building Access Control During Force Protection DELTA training at <http://www.apg.army.mil/elearning.cfm>. More informa-

tion and recommendations are on the Ready Army website at <http://www.acsim.army.mil/readyarmy>.

While no specific threat to APG has been identified, the following actions will help all personnel to increase our collective protection:

- Increase watchfulness against suspicious personnel, object and conduct
- Report all suspicious concerns to the APG Police Desk at 410-306-0550 and your organizational Security Manager
- Expect additional random inspections at Installation Access Control Points by APG Law Enforcement
- Security Managers and Protection Officers should increase internal and external building inspections of mission areas
- Building Coordinators and Custodians should review Active Shooter reaction scenarios with building occupants
- Use the attached Watch Card within this edition of the APG News to assist you in identifying potentially reportable information

Together, we can make APG a safer environment through preparation and commitment. I urge all readers to relook their emergency procedures with an emphasis on awareness and practical protection.

Finally, all APG military and civilian employees and Family members should be confident that APG Law Enforcement and Emergency Response personnel are highly trained and prepared to react quickly to end an Active Shooter event or any incident of workplace or on base quarters’ violence.

APG SEVEN DAY FORECAST

Thurs	Fri	Sat	Sun	Mon	Tue	Wed
74° 56°	72° 55°	72° 54°	72° 56°	74° 57°	74° 55°	76° 56°

APG NEWS

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Health fair focuses on resiliency, well-being

Story and photo by
RACHEL PONDER
APG News

More than 300 people attended the Resiliency Health Fair, held at the APG South (Edgewood) recreation center Sept. 18. This activity was held in conjunction with National Suicide Prevention Awareness Month and featured information on physical, emotional, social, spiritual and environmental health from 46 vendors.

Highlights from the event included health screenings and mini massages. Health professionals were available to talk to attendees about various health topics like weight loss, blood pressure, vision, asthma, allergies, tobacco cessation, stress, anger management, physical therapy, nutrition and more. Added this year to support National Suicide Prevention Awareness Month, was a video message from the Commanding General of the U.S. Army’s Public Health Command Maj. Gen. Dean Sienko.

“This is information that will help Soldiers perform better,” said Lt. Col. Greg Saturday, from the U.S. Army Medical Research Institute of Chemical Defense during the event. “I am pleasantly surprised by the turnout.”

“This event is necessary,” said Andrea Jenkins from the Joint Project Manager for Nuclear, Biological and Chemical Contamination Avoidance “Having a health fair on post is very convenient. This event gives me the opportunity to talk to health care professionals and get health screenings during my lunch break.”

The event was organized by the Com-

munity Health Promotion Council and Kirk U.S. Army Health Clinic. KUSAHC Public Health Nurse Sue Singh said having health fairs on post helps to strengthen the partnership APG has with the local community.

“Organizing and putting these health fairs together brings me great satisfaction,” said Singh. “I think our population is so busy taking care of life commitments, Family and friends that sometimes we forget to take care of our selves. I think the success of this health fair is our population is taking better care of their health and are seeking free health information face-to-face.

APG Community Health Promotion Officer Wendy LaRoche said she was happy to see so many Soldiers participating this year.

“It was nice to see that some used this venue as a meeting place with their friends,” she said. “Getting away from your desk, taking a break to come and see what is available, all promotes health and well-being.”

LaRoche also thanked the Freestate ChalleNGe Academy cadets for providing assistance throughout the event.

“I can honestly say that their assistance helped maximize the experience. They were instrumental in the entire process, from set-up, to parking, to logistics, to restoring the recreation center back to its proper order.”

For more information about upcoming Community Health Promotion events visit the APG website, <http://www.apg.army.mil/>, and click on the CHPC link.



Physical Therapist Assistant Tim Russell, from Gold Medal Physical Therapy, conducts a functional movement screening on Freestate ChalleNGe Academy Cadet Terrence Squakins during the Resiliency Health Fair at the APG South (Edgewood) recreation center Sept. 18. The event featured free health screenings and information on a variety of topics.

See Something

Cut along dotted lines and fold in middle for use as wallet reference Card.



Provided by the INTEL DIV/DPTMS

Say Something

Installation Watch Card
Awareness is key! Everyone is a sensor.

Do: Observe and Report

- Unusual or suspicious activity or suspected surveillance.
- Unusual questions or requests for information relating to capabilities, limitations, or operational information.
- Unusual vehicles operating in or around the Installation.
- Unusual phone calls, messages, or e-mails.
- Unusual contacts on or off post.
- Unusual aerial activity near or around the Installation.
- Any possible compromise of sensitive information.

Do Not

- Discuss any aspect of military operations or planning.
- Discuss military capabilities or limitations.
- Discuss FP measures, capabilities, or posture.
- Disclose any information related to unit deployments.

Report any suspicious activity immediately to the APG Police.
APG North 410-306-2222
APG South 410-436-2222
Off post in Md. call 1-800-492-TIPS or 911
Your call may save lives!

Chemical Materials Activity employee receives top civilian Army award

By **PAMELA A. LEIGH**
Chemical Materials Activity

A Chemical Materials Activity (CMA) employee has been selected by the Department of the Army (DA) as the 2012 William H. Kushnick Award recipient.

Human Resources Director Deborah C. Dawson was officially recognized as the 2012 honoree during a Sept. 16 ceremony at the CMA headquarters.

The Kushnick Award is one of the highest honors a DA Civilian Human Resources (CHR) professional can receive. CMA Director Don E. Barclay was on hand to present the annual award to Dawson for her exemplary achievements as an Army employee working in CHR. Dawson’s accomplishments during a time of downsizing helped drastically reduce the number of involuntary separations within her command.

Dawson, who was visibly shocked at the announcement during the ceremony, said she is humbled by the honor the Army has bestowed.

“I had no clue,” she said. “Although, I wish the acknowledgement went fur-

ther than just me. I have an outstanding HR team who worked fiercely throughout this period of transition; this award is a testament to them as well.”

She surmised that it’s the people of CMA who have helped shape the HR professional that she is today.

“They’ve done such amazing work for the U.S. that you want to really take care of them,” she said. “They were tasked with the responsibility of safely storing and demilitarizing our nation’s chemical weapons – that’s a pretty incredible feat. If I can help ease the transition to the next part of their career, I’m going to do whatever I can to do so.”

The namesake of the award is William H. Kushnick. According to the DA, Kushnick served in the War Department from 1941-1946 as the director of civilian personnel. His leadership helped shape the civilian personnel program to what we know today and decentralized authority from the Secretary of the Army to the installation level. This annual award recognizes the most outstanding singular achievement of an Army employee in Civil-



The Chemical Materials Activity Human Resources Director Deborah C. Dawson has been selected by the Department of the Army (DA) as the 2012 William H. Kushnick Award recipient. This annual award recognizes the most outstanding singular achievement of an Army employee in Civilian Human Resources and is used to encourage greater achievement among all employees in the career field.

ian Human Resources and is used to encourage greater achievement among all employees in the career field.

The Kushnick Award is generally presented by the Secretary of the Army,

or designee, at a formal awards ceremony and banquet at the Pentagon. Due to fiscal constraints, the ceremony was cancelled this year and the winner honored at her local facility.

APG Commuter survey launches Sept. 30

By **SYREETA GROSS**
Transportation Services Coordinator

Beginning Sept. 30, APG employees are encouraged to take a short commuter/telework survey at **www.apgcommute-survey.com**.

If you are employed at APG, as part of the military, civilian, and contractor workforce, your feedback is appreciated. The survey is voluntary and anonymous; however, participants who submit their name and e-mail will be eligible to win a variety of prizes, including bowling and golf certificates from FMWR and even a 7-inch PC tablet

The APG-CSSC Commuter Center is

sponsoring the survey as part of a telework study that is currently underway. Both the Commuter Center and the study are funded through the Chesapeake Science and Security Corridor (CSSC) by a grant from the DoD’s Office of Economic Adjustment (OEA). The study will help identify teleworking best practices both at APG and among organizations similar to APG in the capitol region. The survey will aid in planning future transportation and alternative transportation projects, such as bike sharing and mass transit efforts.

Transportation improvement work off-post has been underway since the BRAC 2005 announcement. The Maryland State

Highway Administration held the ribbon-cutting for the \$33 million, Md. Route 40 and Md. 715 BRAC Intersection Improvements project on Sept. 9. On Sept. 4, Maryland Gov. Martin O’Malley announced \$1.5B of state funding for new road construction projects; \$43 million will be used to improve intersections leading to APG on Md. Route 22. The City of Aberdeen, in conjunction with the Md. Department of Transportation and the CSSC, created a transit-oriented development plan for Aberdeen Station Square. Improvements to the Edgewood Train Station were completed earlier this year.

On post, the APG-CSSC Commuter

Center opened six months ago to assist commuters with ride-sharing and mass transit, forming a partnership with APG by working with an APG Transportation Demand Management Workgroup to address employee concerns. The results of the APG-wide Commuter Survey will continue those efforts by identifying how people currently commute, what they prefer and the current shortfalls.

The survey will run through Oct. 11 and results will be shared in a future news article. Please direct any questions to Syreeta Gross, Transportation Services Coordinator, APG-CSSC Commuter Center, Building 3326, 410-278-5491, apgrides@harfordcountymd.gov.

Resources available for special needs at APG



By **NANCY GOUCHER**
EFMP

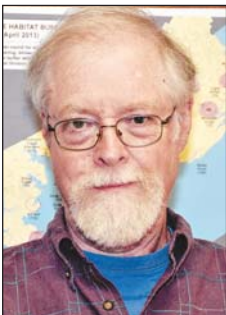
Military life presents some unique challenges. Military Families and Families working for the military relocate a lot. In addition, Military Families experience longer and more frequent deployments since 9/11. When parents deploy, children often face difficult issues, such as transfers in and out of schools, leaving friends and family, while also dealing with emotions regarding their parent’s deployment.

Moving is a hard reality of military life. As a result, Families find themselves constantly adjusting their lifestyle to accommodate these changes. Relocating and deployments can put stress on any Family, but having a child with special needs complicates matters even more. The needs of military Families are similar to any other family living with special needs, such as teaching children social skills and supporting and helping them become as independent as possible. However, Military Families must find local services and support with each new move. And when a Family member is deployed, the parent left

behind has to manage all of the parenting duties on their own.

Learning how to navigate the Special Education system can be difficult for any Family, but for Military Families whose educational environments are constantly changing, it is an even greater challenge. For any child in a Military Family where homes, schools, and neighborhoods frequently change, parents are the constant factor. If a child does not receive an adequate education, the Family will face the consequences for years to come. As Families learn the system and interact with professionals, they must remember that they are the experts on their children and that no one else has a greater knowledge or interest in their children. Parents also need to know that they are not alone. Resources are available to help them navigate community systems and get support they need.

Programs such as the Exceptional Family Member Program (EFMP) assist Families by addressing the Family’s special needs. This includes any special medical, mental health, developmental or educational need. The local community is also essential in helping Military Families transition into new communities. Information and insights regarding the best doctors, schools, teachers, grants, camps, recreation programs, etc. are best shared through word of mouth by members of the community who utilize resources for Family members with special needs. The EFMP and local support groups have unified efforts to bring these resources to Aberdeen Proving Ground Families. If you are in need of resources for your loved one with special needs please contact Nancy Goucher, EFMP, 410-278-2420 for information



John T. Paul
Garrison Wildlife Biologist

John Paul is the endangered species and wildlife biologist in the Garrison’s Directorate of Public Works’ Environmental Division. Paul, and a staff of 10, led by engineer and branch chief John Wrobel, work a myriad of environmental projects aimed at balancing the coexistence of APG missions with this area of the Chesapeake Bay Watershed’s natural residents.

From bald eagles to small game, nothing is overlooked environmentally. The staff, which includes geographers, physical scientists and an oceanographer, as well as biologists and engineers, coordinates regularly with the Maryland Department of Natural Resources, the Maryland Department of the Environment, the U.S. Fish and Wildlife Service and the National Oceanic and Atmospheric Administration as well as Directorate of Emergency Services Marine & Wildlife enforcement officers.

Paul said current projects include a revision of the APG hunting regulation and a Natural Resource Management Plan.

“Trying to come up with new ways to allow activities to go on is a challenge,” he said, adding that the best part of the job is getting to do a variety of things most people don’t get to do.

“An important factor is that my

coworkers are a good bunch of people who are interested in trying to protect the environment. And we all get along pretty well, which is important.”

He said that while he seldom gets to leave the office he has enjoyed various projects such as the satellite study during which installation bald eagles were fitted with satellite transmitters to track their movements over a period of months. The findings were astounding, Paul said.

“It was probably the most interesting project we’ve done. Just finding out where these birds go contributed to a general understanding of eagle movement,” he said.

Currently, Paul is working on a revision of the installation hunting regulation and a Natural Resource Management Plan.

“Working on a Natural Resource Management plan means trying to come up with new ways to allow activities to go so they don’t interfere with other activities and in a way that will not disturb the environment and minimize complaints.”

“This will be interesting too.”

The Environmental Division is located in Bldgs. E5771 and E5772 on APG South (Edgewood). For more information, call 410-436-4817.

Leave Donations

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency).
For info, contact Cathy Davis at 410-306-0152 or cathy.a.davis4.civ@mail.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Bridges, Navondi	Crawford, Curtis	Blethens, Matthew	Ludolph, Kerry	Conigliaro, Kenneth
Kennedy, Sandra	Winne, Janeen	Decker, Kathy	Tims, Samuel	Garabo, Ryan
Lamar-Reevey, Kellie	Evans, Doretha	Rodriguez, Alex	France-Haff, Cheryl	Robinson, Jennifer
Sosa, Laurice	Grundeir, Rachel	Nahrgang, Margaret	Dillie, Amanda	Mayes, Katherine
Samler, Jennifer	McClintick, Jill	Crawford, Iris	Hoffman, William	Sumic, Angie
Parker, Inger	Smith, Deborah A.	Jones, Deborah	Park, Jessica	Griffith, Owen
Bristol, Julie	Rodriguez, Pedro	Eberhardt, Joanne	Blethen, Lena	
	Barrett, Patrick		Shelton, Lena	

MARK YOUR CALENDAR

**THURSDAY
SEPTEMBER 26
RAB MEETING**

The next RAB meeting will be held 7 p.m. at the Ramada Conference Center in Edgewood. The topic of discussion will be an update on Military Munitions Response Program. For more information, contact Karen Jobses at karen.w.jobses.civ@mail.mil.

SO YOU THINK YOU’VE GOT TALENT

Enjoy a night of great talent and fun as MWR and BOSS host the “So You Think You’ve Got Talent” variety show at the APG North (Aberdeen) recreation center, Bldg. 3326 Erie Street. Doors open 5 p.m., show starts 7 p.m. Admission is free and open to the public.

Participation is open to active duty military, civilians, contractors, retirees and Family members age 16 and older.

Categories are: Vocalist, Group Vocalist, Instrumentalist, Band (maximum five members), Dancers, Dancer, Spoken Word, Comedy and other novelties.

Awards: Active duty and civilian categories will be awarded:

- 1st Place - \$300
- 2nd Place - \$200
- 3rd Place - \$100.
- People’s Choice Award – 8.9-inch Kindle Fire
- Most Talented Unit streamer

For more information, contact the Leisure Travel office in the APG North (Aberdeen) recreation center Bldg. 3326, Erie Street, at 410-278-4011/4907, or visit the APG Morale, Welfare and Recreation website at www.apgmwr.com.

NDIA/WID LEADER LUNCHEON

The Joint NDIA/WID Leader Luncheon will be held at the Ruggles Golf Course clubhouse to discuss leading the future of Army communications systems. The guest speaker is Mary Woods of DPEO C3T. RSVP at <http://www.widmidatlantic.org/Events.html>. Cost is \$20.

**SATURDAY
SEPTEMBER 28
9TH ANNUAL “SUPPORT OUR HEROES” GALA**

Tickets are available for the 9th Annual Support Our Heroes Gala to be held 6 to 10 p.m. at Waters Edge Events Center, 4687 Millennium Drive, in Belcamp. Featured will be live and silent auctions; music and dancing, heavy hors d’oeuvres and carving station, cash bar. Proceeds benefit the Fisher House Foundation, supporting Wounded Warriors and their families.

Sponsorship opportunities are available. For more information, visit www.chesapeakeheroes.com

INSIDE YARD SALE

St. Paul’s Lutheran Church, 201 Mt. Royal Ave., Aberdeen, is holding an inside yard sale in their Fellowship Hall on Saturday, Sept. 28 from 8 a.m. to noon.

Proceeds will benefit St. Paul’s Outreach Ministry Operation Christmas Child. 10 x 10 ft spaces are available for rent. Contact St. Paul’s (Eva) @ 410-272-3111 to register or for more information.

**SATURDAY AND SUNDAY
SEPTEMBER 28 AND 29
FALL HARVEST & CRAFT FESTIVAL AT STEPPINGSTONE FARM MUSEUM**

Steppingstone Farm Museum, located near Havre de Grace, will hold its annual Fall Harvest Festival & Craft Show 11 a.m. to 4 p.m.

Featured activities on both days include craft booths & vendors, scarecrow making, pumpkin painting, apple bobbing and pressing, apple butter making, petting zoo, hay rides, straw maze, bluegrass music and historical craft demonstrations. All museum buildings will be open for tours. There will be a nominal charge for take-home items. Food will be available. Parking is free.

Admission is \$5 for adults, members and children 12 and under are FREE.

For more information, call the museum office at 410-939-2299 or 888-419-1762.

**MONDAY
SEPTEMBER 30
COMMUTER SURVEY**

Beginning Sept. 30, APG employees are encouraged to take a short commuter/telework survey at www.apgcommutesurvey.com.

If you are employed at APG, as part of the military, civilian, and contractor workforce, your feedback is appreciated. The survey is voluntary and anonymous; however, participants who submit their name and e-mail will be eligible to win a variety of prizes, including bowling and golf certificates from FMWR and even a 7-inch PC tablet

The survey will run through Oct. 11 and results will be shared in a future news article. For more information, contact Syreeta Gross, Transportation Services Coordinator at 410-278-5491, apgrides@harfordcountymd.gov.

**TUESDAY
OCTOBER 1
TECHNOLOGY DAY**

Product Director Common Hardware Systems (PD CHS), assigned to Project Manager Warfighter Information-Network Tactical, is hosting a Technology Day from 9 a.m. to 4 p.m. at Bldg. 6008 on the C4ISR Campus. A set-up day will be held on Monday, Sept. 30, to prepare for the event.

The CHS Technology Day is a unique opportunity to demonstrate or review new advancements in technology. It will also provide a venue for technical leads and engineers across the C4ISR campus to discuss common program requirements and collaborate on effective technology solutions that meet mission yet simplify operations across the battlefield.

The event will allow vendors to speak on new and emerging technologies and enable program engineers to collaborate on design and simplification across multiple programs. The wide variety of participating vendors will cover clients & servers, infrastructure, software, transit cases, and collaboration technologies.

For more information, contact Danielle Kays at 443-395-2565.

**SATURDAY
OCTOBER 5
NEIGHBORHOOD YARD SALE**

Plumb Point Loop neighborhood yard sale will be held from 8 a.m. to 2 p.m. in APG North (Aberdeen) for more information, contact Ayesha Varnadore at mmaadq6@yahoo.com

**TUESDAY
OCTOBER 8
CFC KICKOFF**

The 2013 Chesapeake Bay Area Combined Federal Campaign season at Aberdeen Proving Ground kicks off with a CFC Kickoff/Training event from noon to 2:30 p.m. at the Post Theater. The entire APG community is welcome to come out, learn more about CFC, meet vendors and win door prizes. Hosting will be APG CFC Chair Kristine Augustyniak and Vice Chair Jeff Campagnone. For more information, contact Augustyniak at 410-278-2830 or e-mail kristine.s.augustyniak.civ@mail.mil.

**WEDNESDAY
OCTOBER 9
DISABILITY AWARENESS TRAINING SET**

Team APG will host the annual National Disability Employment Awareness Month Observance 10:30 to 11:30 a.m. at the Mallette Training Facility, Bldg. 6008 in the C4ISR campus. The guest speaker is Lisa H. Kornberg, director of the Maryland Office of the Deaf & Hard of Hearing.

**FRIDAY – SUNDAY
OCTOBER 11 - 13
OKTOBERFEST**

Save the dates for the 2nd Annual APG Oktoberfest celebration to be held at Shine Field Friday afternoon through Sunday. For more details, go to <http://apgmwr.com/SpecialPages/2013Oktoberfest.html>

**THURSDAY
OCTOBER 17
HALLOWEEN BLOOD DRIVE**

Give the treat of live this Halloween. Follow the blood drop signs to the ASBP Blood Drive at the APG South (Edgewood) recreation center, 9 a.m. to 1 p.m. The Armed Services Blood Program can provide blood and blood products to injured service members, a child undergoing cancer treatments or a Family member in need of heart surgery. There always is a need for this priceless gift. Donors can register online at <http://www.militaryblood.dod.mil/Donors/> or walk-in 9 a.m. to 1 p.m.

For more information, contact Sgt. Eric Jimenez, U.S. Army Public Health Command, at eric.jimenez3@us.army.

mil or call 410-417-0149.

**SATURDAY
OCTOBER 19
MILITARY RETIREE APPRECIATION DAY**

The APG Retiree Council will host the annual Military Retiree Appreciation Day 8 a.m. to noon, at the Aberdeen Area Recreation Center, building 3326. The event includes exhibitors who provide goods and services to the retiree population and panel discussion with Kirk U.S. Health Clinic, TRI-Care, Commissary, Army & Air Force Exchange Service, Family and Morale, Welfare & Recreation, Veteran Administration, Staff Judge Advocate, Corvias Housing and Charlotte Hall Veterans Home. The guest speaker is Nancy Jacobs, Md. State Senator. KUSAHC staff will provide Blood Pressure checks and Seasonal Flu Shots and all attendees are invited to dine on-site at the First Sergeant’s Grill at a cost of \$2 per person starting at 11:30 a.m. For more information, contact Betty Willard, Retirement Service Officer/Retiree Council, 410-306-2322, email betty.a.willard.ctr@mail.mil.

**WEDNESDAY
OCTOBER 23
FALL TECHNOLOGY EXPO**

ECBC/CIO and Federal Direct Access Expositions (FDAE) will present the 2013 APG Fall Information Technology Expo 9:30 a.m. to 1:30 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326 Erie Street.

Vendors will display the latest in state-of-the-art technologies covering everything from cyber security to office supplies. Attendance is free and open to active duty, government civilians and contractor personnel with access to Aberdeen Proving Ground. Refreshments will be served. Register online at <http://www.fdaexpo.com/register.php?id=130>

For more information, contact Mary McCully, ECBC/CIO Acquisition Team, at 410-436-2625, e-mail mary.p.mccully.civ@mail.mil; or call FDAE toll free at 877-332-3976.

**FRIDAY
OCTOBER 25
3RD ANNUAL HALLOWEEN SCHOLARSHIP GOLF SCRAMBLE**

The Lt. Gen. Alfred J. Mallette Chapter and AFCEA Aberdeen Chapter present the 3rd Annual Halloween Scholarship Golf Scramble at Ruggles Golf Course. (Costumes Encouraged!) Three Club Limit, putters will be provided.

Shotgun Start at 9 a.m. Followed by Pig Roast Dinner at Ruggles and Final Fridays

Cost: Active Duty Officers- \$35, Enlisted Soldiers - \$15, All others - \$100; includes golf cart, green fees, BBQ

Sponsorships available. For more information or application, contact Kit Roache, P.O. 7376, Shrewsbury, N.J. 07702; call 732-778-4005 or e-mail kitroache@verizon.net

**TUESDAY
OCTOBER 15 – NOVEMBER 30
ARMY DIGITAL PHOTOGRAPHY CONTEST**

The 2013 Army Digital Photography Contest will accept submissions between Oct. 15 and Nov. 30. Those eligible to participate in the Army-wide contest include active duty personnel and their Family members, DA civilians, and retirees. The categories are Animals, Design Elements, Digital Darkroom, Military Life, Nature/Landscapes, People, and Still Life. Participants should complete the entry form and submit their photos online at <https://apps.imcom.army.mil/apptracmain>. For more information or to register contact the APG Leisure Travel Office in Bldg. 3326 at 410-278-4011/4907.

**WEDNESDAY
NOVEMBER 13
APG RESOURCE SHOWCASE DAY**

APG has something for everyone. Join us 10 a.m. to 2 p.m. at the APG North (Aberdeen) recreation center to view programs at APG and in the local community that are available to service members, veterans, and Family members. Food and beverages will be available for purchase.

**ONGOING
NOW THROUGH OCTOBER 31
VTF HALLOWEEN COSTUME EXTRAVAGANZA**

The APG Veterinary Treatment Facility invites pet owners to show off their pet’s Halloween Costume. This is a chance for owners to show their pride in their pet and their creativity. Owners can bring their pet to the VTF in costume and a staff member will take a photo, or owners can provide a picture of their pet to the facility. The pictures will be posted on the facility’s community bulletin board throughout the month of October for all to see. At the end of the month, Oct. 31, the photos will be judged by disinterested parties. The top three participants with the most votes will have their photos published in the following week’s issue of the APG News. This contest is open to everyone. The clinic is located on APG North across the street from Kirk U.S. Army Health Clinic at Bldg. 2479 on Oakington Street. For more information call 410-278-4604.

OPENINGS AT YOUTH CENTERS

The Aberdeen and Edgewood programs currently have immediate openings for the 2013-2014 school year at their School Age & Youth Services facilities. Openings are available in both locations for eligible users. For more information, call 410-278-7571/7479.

FIREWOOD SALE

Firewood is now available at a cost of \$20 per level standard 8’ pick-up truck, \$15 per level standard 6’ pick-up truck, and \$5 per car trunk load. Permits to buy wood are good for ten days, or until an order is filled, whichever comes first. Permits will be issued on a first-come-first served basis in APG South (Edgewood), Bldg. E4630 Monday through Thursday, 8 a.m. to 3 p.m. Call Kathy Thisse, 410-436-8789 or Scott English, 410-436-9804 for more information.

CYSS PARTNERS WITH HOMESCHOOLERS

APG Child, Youth and School Services is trying to establish a partnership with authorized users who homeschool their children in the Aberdeen and Edgewood areas. CYSS is willing to open their facilities during the week so homeschooled children can have access to classrooms, the computer lab and gym on a scheduled basis. For more information, call 410- 278-7571/7479.

SUMMER NIGHTS UNDER THE LIGHTS

Hop a ride on the CYSS bus and catch Friday Night O’s home games, all summer long.

The bus departs the APG North (Aberdeen) Youth Center at 5 p.m.; bus departs APG South (Edgewood) Youth Center at 5:30 p.m. Return times will vary.

CYSS members ages 9-18 are eligible to participate. Cost is \$28/game. Must be registered by COB Tuesday preceding each game date (3 DAYS PRIOR TO EACH GAME). For more information, contact Conor Joyce, conor.j.joyce.naf@mail.mil or call 410-278-1399.

FRIDAY NIGHT OPEN RECREATION FOR TEENS

The APG North (Aberdeen) Youth Center, Bldg 2522, invites all high school students out to its free Friday Night Open Recreation for Teens, every Friday from 6 p.m. to midnight. Teens are invited out to meet new friends, shoot some hoops or just play some pool. Bring up to two non-DoD friends to join in the fun. For more information, call 410-278-4995.

KEYSTONE CLUB

This free class for high school students meets every other Friday, 7 to 9 p.m. at the APG North (Aberdeen) Youth Center, Bldg 2522. This unique leadership development experience provides opportunities for young people ages 14 - 18. Youth participate in activities, both in and out of the club, in three focus areas: academic success, career preparation and community service. With the guidance of an adult advisor, Keystone Club aims to have a positive impact on members, the club and community. Participants may bring up to two non-DoD friends. For more information, call 410-278-4995.



MORE ONLINE
More events can be seen at www.apgnews.apg.army.mil/calendar.

2nd Annual event

Dig out your lederhosen!



By **YVONNE JOHNSON**
APG News

Just 15 days to the 2nd Annual APG Oktoberfest on Shine Sports Field. Three days of celebrations – Bavarian style – kicks off 4 p.m. Friday, Oct. 11. Events continue Saturday, Oct. 12, 10 a.m. to 11 p.m. and end Sunday, Oct. 13, noon to 6 p.m.

This event is free and open to the public. Attractions include German entertainment, music, dancers and authentic German dishes catered by the Prost Restaurant of Port Deposit.

For Family fun there'll inflatable rides and attractions for children in the Kidz Corner and a Teen Zone will feature a video game booth and performances by local high schools.

Opening ceremonies each day in the Festhalle (Fest Tent) will feature a keg-tapping ceremony and salutes to local communities. The ceremonies start 6 p.m. Friday and salutes the communities of Bel Air and Havre de Grace. Saturday's ceremony kicks off 3:30 p.m. and features Aberdeen and Edgewood, and Cecil County will be hailed during the Sunday ceremony starting 1 p.m. Saturday ends with a bang with a fireworks show

Special events for the Oktoberfest include a Volksmarch, Car Show, Market Place, and Yard Sale.

Volksmarch

All are invited to participate in a traditional German Volksmarch on Saturday which begins 9 a.m. at the APG North (Aberdeen) athletic center, Bldg. 3300. Lead organizer Byron Reasin of MWR said the course will be the same as last year with water refreshment stands along the route. Reasin said participants are welcome to wear whatever they like, from sweat suits to German costumes

"You get more out of it the more festive you are," Reasin said. "A Volksmarch is great exercise and it's a great way to make

new friends or reminisce about your favorite places in Germany with old friends."

Car Show

Bring your classic and one-of-a-kind automobiles to compete in the Oktoberfest Car Show on Saturday from 10 a.m. to 3 p.m. This event will be held in the DPW parking lot on Susquehanna Avenue. Preregistration is \$10; day-of-show registration is \$15. Cars will be judged in the Top 40 format. Dash Plates to the first 50 entrants. For more information, contact the Leisure Travel Office at 410-278-4011/4907; or e-mail usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil.

Register at <http://apgmwr.com/SpecialPages/2013Oktoberfest.html>

Yard Sale

The Oktoberfest Yard Sale will be held 10 a.m. to 8 p.m. Saturday, Oct. 12, and 10 a.m. to 6 p.m., Sunday, Oct. 13.

This event will be held on Shine Field, rain or shine, and is open to the public.

Fees include \$15 for 6-foot table (6X6 area); \$25 for two 6-foot tables (12X6 area)

Market Place

The Oktoberfest Market Place will be held 10 a.m. to 8 p.m., Saturday, Oct. 12 and noon to 6 p.m., Sunday, Oct. 13. It includes vendors selling arts & crafts products, jewelry, photography, flowers, purses, glass, candles and more.

This event will be held on Shine Field, rain or shine, and is open to the public.

Fees include: \$35 for 6-foot table (6X6 area); \$50 for two 6-foot tables (12X6 area).

Register by Oct. 10

To register or for more information, visit the Leisure Travel Office in Bldg 3326, 410-278-4011/4907; or e-mail: usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil, or go to www.apgmwr.com/oktoberfest.html



Renesha Robinson of CECOM belts out her award-winning rendition of Whitney Houston's "I Believe in You and Me" during the 2012 show. A three-time winner and current reigning champion, Robinson defends her crown 7 p.m. tonight during the 2013 So You Think You've Got Talent contest at the APG North (Aberdeen) recreation center.

APG talented shine tonight

Story and photo by
YVONNE JOHNSON
APG News

Tonight is the night to cheer on shining Family members, co-workers and friends who'll be glowing as they give their all during the "So You Think You've Got Talent" variety show set for 7 p.m. at the APG North (Aberdeen) recreation center. Doors open 5 p.m.

No need to cook. The whole Family can enjoy reasonably-priced meals presented by Better Opportunities for Single Soldiers (BOSS) Soldiers featuring food from 1st Sergeant's barbecue. Meals include Jerk chicken, potato salad and rolls; hot dog or burg-

er with fries; soda; popcorn, water and other refreshments.

Military and civilian contestants will vie for the grand prize of \$300; second place is \$200 and \$100 goes to the third-place winner. In addition, the People's Choice Award is an 8.9-inch Kindle Fire. And for the first time a "Most Talented Unit" streamer will go to the top military winner.

Come out and watch APG's most talented contestants try to unseat three-time defending champion Renesha Robinson.

For more information, stop by the Leisure Travel Office in the APG North (Aberdeen) recreation center, Bldg. 3326, or call 410-278-4011/4907.

**Tell them you saw
it in the APG News**



APG Senior Commander Maj. Gen. Robert Ferrell, second from right, and other members of Team APG pose together during the 2012 Army Ten Miler festivities at the Pentagon in Washington, D. C.

MWR to support APG Army Ten Miler runners

By **YVONNE JOHNSON**
APG News

Family and MWR wants to support all APG runners participating in the upcoming Army Ten Miler race to be held in Washington, D.C. Sunday, Oct. 20.

While MWR is fielding an eight-person team, it plans to support all registered APG Soldiers and civilians participating in the race.

APG will host a Hooah Tent during the race. Everyone is invited to stop by before and after the race to show their APG pride and build camaraderie. You

are encouraged to bring APG community friends and family to enjoy the festivities, according to Byron Reasin, manager of Hoyle Gym in APG South (Edgewood).

Reasin said runners can confirm their participation on the confirmation website at <http://www.armytenmiler.com/registration/confirmation.aspx>.

“All runners on the official team and members of the APG community that can provide proof of registration will receive a TEAM APG t-shirt,” Reasin said.

In addition, APG will provide Packet Pickup for all runners from the APG community Oct. 18. A copy of participant’s CAC/ID cards will be needed. Pick up packets at the APG North (Aberdeen) athletic center, Bldg. 3300, or Hoyle Gym, Bldg. E4210 in APG South (Edgewood), after 4 p.m.

Team APG Hooah Tent information also will be provided as well as ATM-approved training recommendations for beginner, intermediate and advanced runners.

“Be sure to review this information to

get the most out of your participation,” Reasin said.

Alternates and volunteers

Anyone planning to attend the event but not run in the race is welcome to volunteer at the APG Hooah Tent. The possibility always exists that alternates may be needed if someone has to drop out of the race. Military have priority.

For more information, to register, or to sign on as an alternate, contact Reasin at 410-436-3375 or e-mail byron.a.reasin.naf@mail.mil.

Transition program offers Soldiers personalized experience

IMCOM

As U.S. Army Installation Management Command implements the final phase of the Veterans Opportunity to Work Act, Joint Base San Antonio is ahead of the Oct. 1 deadline. This is good news for Soldiers according to the Army Career and Alumni Program staff.

“With the final phase fully implemented, Joint Base San Antonio currently offers the most complete ACAP available,” said Randy Norman, ACAP contract installation manager. “This critical final phase of the Army’s transition program includes Goals, Planning and Success tracks and Capstone which set participants up for a successful future.

“We’re trying to service a broad audience,” he explained. “We have all the services represented – wounded Marines, Army doctors – as with different (transition) needs. I hate to take that surgeon who could be out saving someone’s life and make him sit in a class he doesn’t need. We’re trying to offer something for everyone – online training, virtual experiences and these different tracks. There’s a lot of versatility that’s new to the program that makes it

for everyone.”

For Soldiers, this means personalized transition based on their future goals. Three distinct GPS Tracks allow participants to prepare for small business ownership, vocational training/higher education or segue to the civilian workforce, IMCOM organizers explained.

The Capstone portion of transition is focused individual assessment to identify confidence and preparedness for transition, according to Norman.

The Capstone requirement serves to mitigate risks like unemployment, financial hardship, social service issues, and homelessness, that underprepared service members face after transition,” Norman said.

Another key part of the Capstone phase is reporting.

Because results and appointments are shared with leaders, commanders have a dashboard to monitor transitioning soldiers’ progress through the entire program.

Other transition program enhancements include the military life cycle, which goes into effect Oct. 1, 2014 and synchronizes the Army Career Tracker with transition training. According to

planners, this means that in the future, Soldiers will use ACT to reach out to transition counselors.

U.S. Army IMCOM is the executor of new policy established by U.S. Army Human Resources Command, rooted in the VOW Act, which was passed in 2011. The ultimate goal, said Norman is “...to ensure that we are properly preparing soldiers for transition, minimizing their stress and maximizing their opportunity to succeed.”

Military Transition Assistance Program

In November 2012, the “Veterans Opportunity to Work,” or VOW, to Hire Heroes Act, went into effect. The Hire Heroes Act requires all Soldiers to attend transition assistance classes and workshops presented by the Army Career & Alumni Program (ACAP), Veterans Affairs (VA), and the Department of Labor (DOL). At Aberdeen Proving Ground, these mandatory classes/workshops are presented in two separate three-day sessions on a monthly basis.

The ACAP, VA and other transition services classes/workshops are sched-

uled for the second week of each month, Tuesday through Thursday. The DOL will conduct workshops the final week of each month, Tuesday through Thursday.

All classes are conducted in Bldg. 3147, room 101 and registration is required. Service members should complete the Core Transition Goals, Plans, Success (GPS) components 12 to 18 months prior to their projected separation/retirement date. Soldiers being involuntarily separated should immediately register for the Core Transition GPS services. If unable to attend the ACAP workshop, requirements can be met utilizing the Online ACAP 21 tools, Online 24/7 Call Center and Online Virtual Center at www.acap.army.mil.

DOL & ACAP 3-day Course
Oct. 14 – Oct. 16
Nov. 4 – Nov. 6
Dec. 9 – Dec. 11

DOL Workshop
Oct. 28 – Oct 30
Nov. 18 – Nov. 20

For more information, contact the APG Transition Center in Bldg. 4305, 7:30 a.m. to 5 p.m., Monday through Friday at 410-306-2323/2322/2345.

APG offers support to Gold Star Families

Continued from Page 1

Support at APG

Chance said she is grateful for the unwavering support Gold Star Families receive from the APG community. She attributes this to supportive senior leadership. This year, APG has implemented a quarterly luncheon for Survivors. This luncheon provides attendees with information from Survivor Outreach Services and other services on post. The event also gives Families the opportunity to share experiences and comfort each other.

“APG has been our saving grace, we have become part of the Family,” Chance said. “We get the royal treatment here.”

Survivor Outreach Services Coordinator Annette Sanders, from Army Com-

munity Service, said she considers it a privilege to serve Survivor Families. She encourages Survivors to get involved at APG and attend on-post events.

Carmelita Johnson, who lost her husband, 1st Lt. Daniel Johnson earlier this year to an illness, said she finds comfort knowing that she will always be welcome at APG. She occasionally volunteers on post and her sons Phillip, 5, and Christopher, 8, are active in the Child, Youth and School Services Sports programs.

“Staying involved with the military community helps us maintain a sense of normalcy,” she said. “It helps to stay busy.”

The Survivor Outreach Services (SOS) program provides long-term support for all survivors. Spouses, children, parents,

siblings and friends who are grieving the loss of a Soldier are eligible to receive services, regardless of how the Soldier died. All Army active duty, National Guard, Reserve component and other military branch Survivors are eligible for SOS services. The Army is the only military branch with a dedicated program for Survivors.

Sanders said that APG has done great things to support Families of Fallen Soldiers. For instance, APG now issues identification cards to Gold Star Family members that allow them to bypass the Visitor’s Center. Also, there are designated parking spaces at many on-post locations for Survivors.

“APG feels like home,” said Gold Star Mother Cindy Lohman. “I am grateful

APG does such a phenomenal job reaching out to local Gold Star Mothers and Families. It helps to reach out to other Gold Star Families, because we share similar experiences.”

Sanders said children of Fallen Soldiers can also participate in the Big Brothers Big Sisters Military Mentoring Program. This program supports children ages 7-16 of active duty military personnel of all branches and components including National Guard and Reserve, on or off post. Anyone interested in the program should contact Stacie Umbarger, from CYSS, 410-278-4589.

For more information on the SOS program, contact Sanders at 410-278-2861, or e-mail casandra.a.sanders-nash.civ@mail.mil.

Hispanic heritage event highlights diversity

Continued from Page 1

“an American first,” but one who is proud of his origin. A U.S. Air Force Reserve retiree as well, Romo called the U.S. military the “most diverse organization in our nation’s history,” noting that in 2011 there were about 20 percent African-Americans, 11 percent Hispanics, six percent Asian Americans and 1.4 percent Native Americans in the U.S. armed forces.

“You are a melting pot representation of our society,” he told listeners, “descendants of immigrants who came to the United States to better their lives and now you proudly serve our country.”

Romo emphasized the president’s efforts to include diversity in his cabinet and subcabinet appointees, naming Supreme Court Justice Sonia Sotomayor; Secretary of Labor Thomas E. Perez; Under Secretary of Veterans Affairs for Memorial Affairs Steve Muro; and Assistant Secretary of the Navy for Manpower and Reserve Affairs Juan Garcia as examples.

Romo said he enjoys participating in ethnic observances and that during his years on active duty he learned many things about Hispanic-Americans not taught in school.

The heroes he developed during this time include two Hispanic American Medal of Honor recipients as well as his uncle, Juan Guzman, who was killed during the

Normandy invasion in 1944. Romo proudly displays a photo of himself standing at his uncle’s gravesite at the Normandy Cemetery in France.

“We must never forget his sacrifice and the sacrifice of those who paid the ultimate price for protecting our freedoms,” he said. “I have this picture hung in the entrance of my office because it gives me perspective on our Selective Service System missions and what someone in the military could sacrifice.”

Romo thanked organizers for inviting him to APG and closed with a final thought:

We are a diverse military; a diverse country, but [we] need to continue to work together as a United States of America. “

The program’s host, Brig. Gen. J.B. Burton, commander, 20th CBRNE Command, thanked all for taking the time out of their schedules to attend. He noted the military is a reflection of American society and that it “represents exactly what it means to be an American.”

“You don’t find that in other countries,” he said, and he thanked organizers and volunteers who “helped make this great day possible.”

After the program, attendees sampled an array of Hispanic foods and cultural displays in the auditorium lobby and listened to Mariachi music as they ate under canopies on the outside patio.

Several said they enjoyed the event.



Brig. Gen. J.B. Burton, commander of the 20th CBRNE Command, thanks guest speaker Lawrence G. Romo, director of the Selective Service System, Washington, D.C. for his remarks during the National Hispanic American Heritage Month Observance at the Myer Auditorium Sept. 19.

“I thought it was excellent said Dwan Buford, a Chemical Materials Activity civilian and acting EEO advisor. “Team APG always does a good job,” she said.

Pfc. Nicklaus Schmeckpeper, 20th CBRNE Command, said he found the event “informative.”

“I also liked the band and the guest speaker,” he said. “I think it’s cool when diverse peoples get together and learn about each other. It helps you see the value in attending.”

APG guest C. Laney M. Hoxter, director of Multicultural Student Services at Cecil College, and a member of Maryland Tri-County Federally Employed Women (FEW) said she attended the program after

hearing about it from local FEW members.

“I’m all about community ties for an exchange of information,” Hoxter said. “I thought the program was outstanding and I’m amazed by the large and diverse group of people that came out for it.

“I was a little late but what I did hear and see was all on one accord.”

The event’s lead organizer Sgt. 1st Class Ryan Cole, thanked all participants and volunteers, especially Romo.

“Overall it went great; very successful,” he said. “The entertainment went well and our guest speaker gave a compelling talk. This was solidly done and I’m very proud of our team.”

Research aims to identify high-risk Soldiers

Continued from Page 1

featured in the Journal of the American Medical Association’s Aug. 7 edition. Led by personnel at the Naval Health Research Center in San Diego, that study found no association between deployments and increased suicide risk.

That’s just not the case for the Army, as depicted by Army STARRS data, said Dr. Michael Schoenbaum, collaborating scientist at NIMH.

“Soldiers who have deployed at least once do have an elevated suicide rate compared with Soldiers who never deployed,” Schoenbaum said.

The AMA Journal article was based on analysis of data from the DOD Millennium Cohort Study that sampled all service members, Schoenbaum said, surmising at least half of the participants were Sailors and Airmen. In contrast, Army STARRS examines only Soldiers.

“There are a lot of reasons to expect that the experience during deployment of Air Force and Navy personnel is really substantially different from Army and Marine [personnel],” Schoenbaum said.

COMBAT MOSs HIGHER RISK

Troops in combat jobs have a higher propensity to commit suicide, the Army study found, and that may help explain some differences in conclusions.

“We’ve identified some MOS (military occupational specialty) categories that are associated with elevated suicide risk,” Schoenbaum said. Those military occupational specialties include artillery and infantry.

Willingness to take risks might be a factor in Soldiers choosing a combat MOS, proposed Dr. James Churchill, NIMH program officer.

“They might be risk-takers, willing to step out into the street and lead their platoon,” Churchill said, adding that it could help them excel at their jobs. “But at the same time, it might put them at risk for other types of things as well.”

These Soldiers have an elevated risk for both fatal accidents and suicides.

FATAL ACCIDENTS & SUICIDES

Somewhat to the surprise of researchers, Army STARRS found a correlation between risk factors for fatal accidents and suicides.

“We’ve already found that many of the same factors that predict risk for suicide also predict risk for accident death,” Schoenbaum said.

“And you might think that accidents are accidents -- that these are random events. But we’re not actually finding that,” he said.

Churchill explained that risk-takers have more opportunity for fatal accidents, citing for example, “that super-charged motorcycle.” And those same Soldiers might be more impulsive, own firearms, and have the means to commit suicide.

Suicide ideations are fleeting, he said, explaining that there’s only a short time window in which people will actually follow through with a suicide attempt. If they have deadly means readily available, they have a higher chance of succeeding.

“But our method is not really designed to identify the proverbial ticking time bomb -- the individual ‘Private Smith’ who is about to do something to himself,” Churchill said.

Instead the research aims to identify high-risk subgroups of Soldiers, such as those with indicators of psychological distress.

Soldiers with traumatic brain injuries comprise one subgroup that has a higher risk for suicides. Soldiers with post-traumatic stress disorder are another. Some of the groups and risk factors may not be surprising, Schoenbaum said, but he believes Army STARRS will identify some new, not previously recognized risk factors.

MULTIPLE DEPLOYMENT MYTH

When the study was launched, everyone believed that multiple deployments were a major contributing factor to the rise in suicides. That turned out to be a myth.

Soldiers who had already deployed once had an idea of what to expect, Churchill said.

“They’ve been there before; they’ve developed their own sort of strategy or resilience to be able to deal with that stressful situation,” he said.

“Risk and resilience are complicated matters,” Schoenbaum said. “Factors contributing to suicide are numerous and there’s ‘no one silver bullet’ to identify high risk. Instead, there are complex patterns that must be analyzed. That’s why the study is examining such a wide variety of data,” Schoenbaum said.

“The Army STARRS study is undoubtedly the largest of its kind ever undertaken on suicide,” Schoenbaum said. And it’s one of the largest and most complex studies ever administered by NIMH, according to the agency’s website.

“We’re using lots of different kinds of

data,” Schoenbaum said. “We’re using data from approximately 40 different Army and Department of Defense data systems.”

COMPLEX STUDY

The study actually has five separate components:

- Historical Administrative Data Study: This component involves more than one billion historical health and administrative records from 1.6 million Soldiers. A number of preliminary results in Army STARRS have come from analyzing the Total Army Injury and Health Outcomes Database, or TAIHOD, from Soldiers who served between 2004 and 2009. One preliminary finding was that female Soldiers were three times more likely to attempt suicide when deployed than when at home station. Another was that married Soldiers were less at risk to commit suicide when deployed than their single counterparts.
- All Army Study: This component assesses data from almost 35,000 active duty Soldiers who volunteered to participate in the study, including mobilized Army Reserve and National Guard troops. It also looks at another 10,000 who filled out surveys in theater, mostly while leaving for Rest & Recuperation or returning. The AAS portion of the study began in January 2011, and researchers completed the worldwide data collection earlier this year. The Army STARRS team is just beginning the analysis of these surveys, Churchill said.
- New Soldier Study: Researchers invited Soldiers to complete surveys for the study at the beginning of their basic training. Just over 57,000 of the Soldiers volunteered and completed surveys during reception week or initial-entry training. Almost 35,000 also donated blood samples to the study.
- Soldier Health Outcomes Study: SHOS-A examines Soldiers who are hospitalized in Army medical facilities because they attempted suicide. It compares them against a control group of Soldiers with similar experiences. SHOS-B interviews family members and supervisors of Soldiers who committed suicide. It’s a sort of “psychological autopsy,” Churchill said. So far, about 400 cases have been looked at in these two sub-categories of the study.
- Special Studies: These include a longitudinal Pre/Post Deployment Study in which about 10,000 Soldiers participated.

Volunteers answered questions and donated blood before deploying, and then again after returning home.

A number of different organizations are also involved in the study. Along with NIMH, partners in the research include the Uniformed Services University of the Health Sciences, Harvard Medical School, the University of Michigan, and the University of California, San Diego.

PARTNERSHIP TO SAVE LIVES

“This has been a great partnership between the Army and the NIMH,” said Scott Ludtke, the acting executive director for the study within the Office of the Deputy Under Secretary of the Army.

“I think it’s great that the Army reached out to the civilian scientific community to get some assistance with this issue,” he said. He added that the study has been fully supported across the force “from the Army senior leadership right down to that Soldier that just entered the military for the New Soldier Study. It’s been great support across the board.”

The data from new Soldiers, from deployed troops and those serving Army-wide is being used to test hypotheses formed from the historical data, Schoenbaum said, adding that he hopes new insights will be gleaned to help identify patterns of risk and resilience.

The new data are being crunched using statistical modeling algorithms, he said.

“We are able to develop risk algorithms that take advantage of all these different complex patterns in the data,” Schoenbaum said.

“Ideally, in the course of doing this, we will identify what I think the Army refers to as actionable factors ... we will identify things that the Army can act on to improve the health of the force,” Schoenbaum said.

But it’s going to take time.

The study is scheduled to end in nine months, but researchers may continue to analyze data from the 110,000 Soldiers long after the deadline.

“We do see that we’ve made tremendous progress,” Schoenbaum said.

“I actually am quite optimistic that we will be able to do this,” he said. And that findings will be “turned into practical tools that the Army can make use of in its prevention and treatment programs.”

Schoenbaum and Churchill both said they are optimistic that Army STARRS will eventually save lives.

APG SNAPSHOT

A peek at the events making news in and around U.S. Army Garrison Aberdeen Proving Ground. For complete photo coverage, visit <http://www.flickr.com/photos/usagapg/>.

REMEMBERING THOSE ‘MISSING FROM OUR MIDST’

(Right) The round Table of Remembrance is set for one and contains the symbolic white table cloth, single rose, red ribbon, slice of lemon, salt, Bible, inverted glass, candle and empty chair in honor of National POW/MIA Recognition Day at.

(Below) Air Force Capt. Christopher Cox explains the contents of the Table of Remembrance to listeners before the start of the Inaugural POW/MIA Memorial 5 K Run at Hoyle Gym Sept. 20. National POW/MIA Recognition Day is observed across the nation on the third Friday of September each year.

This year, military and civilian members of the Joint Program Executive Office for Chemical and Biological Defense (JPEO CBD) decided to promote remembrance of America’s service members who never made it home with a memorial 5K run around Weide Airfield in APG South (Edgewood).

Air Force Maj. Benjamin Smith led the organizers who included 1st Lts. Anthony Caltabiano and Garrick Warren. “This is an open event with the purpose of just remembering this day,” Caltabiano said, adding that organizers plan to make it an annual event. More than 100 participants included APG civilians, Family members and the Soldiers of the U.S. Army Public Health Command. Organizers included Command Sgt. Maj. Lawrence Settle; Capt. Charles O’Connor and Drew Miller; Lts. Cynthia Archambeau, Jason Dickerson and Brett Whalen; and civilians James Wood, Paul Dever and Megan Bush. Special thanks for their support go to JPEO CBD Chief of Infrastructure & Security Timothy McNamara and JPEO CBD contractor Robert Carter, Caltabiano said.

Photos by Yvonne Johnson



GOLFING FOR A GOOD CAUSE

CECOM Civilian Scott Mathews takes a swing during a golf tournament at the Ruggles Golf Course Sept. 19. The golf tournament raised money for a tragedy assistance program for Families of Fallen Soldiers. “This is why we are here, to help Soldiers and their Families,” said Ruggles Golf Course Business Manager Rik Bond.

Photo by Rachel Ponder



APG COLLEGE FAIR

(From left) Liz Habert and Alexandra Raver, representatives from Johns Hopkins University’s Engineering for Professionals program talk to Sean Morrison, of U.S. Army Research Laboratory about educational opportunities at the APG College Fair held at the APG North (Aberdeen) recreation center Sept. 18. This event, hosted by the APG Education Center and on-site colleges, featured educational opportunities offered on-post and in the surrounding community. For more information about the APG Education Center call 410-306-2042.

Photo by Rachel Ponder